

September 23, 2005

Aloha Kaua,

A significant challenge facing public health professionals nationally is the rise in the incidence and prevalence of overweight and obesity among children and adults. Hawaii has not escaped this epidemic. Approximately 30% of Hawaii's children entering kindergarten are already overweight or at-risk for being overweight. While obesity is less common among our younger and older adult populations, Hawaii's middle-age adults and in particular men and certain race/ethnic populations are either obese or overweight. Less than half of our adult population meets the national recommendations for physical activity. The U.S.D.A recommends the consumption of 5 or more cups of vegetables and fruits a day, however less than a third of Hawaii's adults meet or exceed this recommendation.

The Twenty-Third Legislature, Regular Session of 2005, passed Senate Concurrent Resolution No. 7, H.D. 1 (SCR7) requesting the Hawaii Department of Health propose and develop a comprehensive statewide strategic plan to address the prevention and treatment of childhood obesity and healthy lifestyles. The Resolution recommended that the Department of Health be assisted with the development of this plan through a partnership involving public and private organizations.

You are invited to participate in a day-long workshop that will begin the process of designing a strategic plan. The objective of the workshop is to develop strategies and suggest recommendations and action steps that will support and build environments and identify policies that will make it easier for Hawaii residents to choose healthy foods and to be physically active. Your participation will ensure that the necessary expertise is present during this critical phase of the plan design.

Please direct any inquiries you may have on this matter to Dr. Catherine Sorensen, Tobacco Settlement Community Programs Coordinator at 586-4497. I thank you ahead of time for your special contribution and look forward to working together on developing the Hawaii statewide plan for nutrition and physical activity.

Sincerely,

Chiyome Leinaala Fukino, M.D.
Director of Health

Enclosures

**“Building Hawaii’s Capacity for Healthy Lifestyles”: A
Workshop to Design Hawaii’s Statewide Plan for Physical Activity and Nutrition**

Workshop day and time: October 17 (Monday), 2005
 8:00 a.m. to 3:45 p.m.
Location: Hale Ikena, Fort Shafter

AGENDA

8:00 am – 8:30 am	Registration and Continental Breakfast
8:30 am – 8:45 am	Morning Stretch
8:45 am – 9:00 am	Welcome & Goal/Objective for the Day
9:00 am - 10:30 am	Overview of the Day <ul style="list-style-type: none">➤ SCR7 and The Call-for-Action➤ What the Data Show➤ Framework for the Plan➤ Best Practices in Physical Activity & Nutrition
10:30 am – 10:45 am	Morning Break
10:45 am – 12:00 pm	Morning Break Out Work Group Session <ul style="list-style-type: none">➤ Built environment/Infrastructure➤ Worksite➤ Schools & Childcare Facilities➤ Healthcare Systems & Providers
Noon to 1:00 pm	Lunch
1:00 pm – 2:30 pm	Afternoon Break Out Work Group Session
2:30 pm – 3:00 pm	Break; Reconvene to Large Group
3:00 pm – 3:45 pm	Next Steps & Closing Appreciation
